



UNIVERSITY OF  
FLORIDA

EXTENSION

Institute of Food and Agricultural Sciences

# Consumer Highlights

SANTA ROSA FAMILY AND CONSUMER SCIENCES NEWSLETTER



DECEMBER 2002

## CONTENTS



FCE News

December FCE Calendar

"Keep It Clean" Briefs - 8 Tips For Removing Stains. . . . .	2
Lead Crystal & Acidic Beverages. . . . .	2
Seven Tips For A Moist Turkey. . . . .	3
Planning Safety For Your Holiday Meals. . . . .	3
Zip Code Information. . . . .	4
Enjoy Cranberries. . . . .	4
10 Easy Ways To Enjoy Each Other Around The Holiday Table. . . . .	4
Gardener's Corner. . . . .	4
Acorn Squash Rings. . . . .	6
Chicken Monterey. . . . .	6
Cran-Raspberry Jello Salad. . . . .	6
Vegetable Pizza. . . . .	6
How To Enjoy The Holiday Poinsettia for a Long Time. . . . .	7

Santa Rosa County Extension Service • 6051 Old Bagdad Hwy., Suite 116 • Milton, FL 32583-8932  
Phone: (850) 939-1259, Ext. 1360 • Fax: (850) 623-6151  
Santa Rosa County EMS (850) 983-5373 (TDD)

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Employment Opportunity - Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin.  
U.S. DEPARTMENT OF AGRICULTURE, COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF FLORIDA, IFAS, FLORIDA A. & M.  
UNIVERSITY COOPERATIVE EXTENSION PROGRAM, AND BOARDS OF COUNTY COMMISSIONERS COOPERATING.

## **"KEEP IT CLEAN" BRIEFS**

### **8 Tips for Removing Stains**

#### **1. Try to find out what the stain is.**

Some stains can be set by the wrong treatment. When in doubt, rinse or soak in cold water before laundering or applying a stain remover.

**2. Check colorfastness of item.** If unsure whether a treatment will harm the fabric or color, apply the recommended stain remover to a hidden part of the garment, such as a clipping from the seam allowance. Rinse out and let dry.

If the color of the fabric is not damaged, proceed with the treatment.

**3. Act quickly.** The faster you move against a stain, the more likely it is to come out.

**4. Soak the stain.** This can effectively loosen heavy soils. Soak whites separately from colors. Soak colors that bleed separately or with fabrics of a like color. Follow label directions for the presoak. Generally, they call for a 30-minute or longer period in warm or cool water.

**5. Pretreat tough stains.** This involves treating and sometimes completely removing individual spots and stains prior to laundering. Some common methods are using a prewash soil and stain remover or applying and gently rubbing in a liquid detergent or a paste of water and granular detergent.

**6. Consider prewashing.** This takes less time than soaking. Some washers have a prewash cycle; the washer may also advance to the regular wash automatically. A presoak product, detergent, and/or other laundry additive should be used in a prewash.

**7. Never place a stained fabric in the dryer.** This will permanently bake in the stain.

**8. Be patient.** This can mean repeating a treatment over and over again.

For more information, visit:

[www.cleaning101.com](http://www.cleaning101.com)

**Cleanliness Facts  
September/October  
2002**

### **Lead Crystal & Acidic Beverages**

When crystal comes in contact with acidic beverages, some lead can dissolve into the liquid. The amount depends on the lead content of the crystal, the type of beverages, and the length of time they are in contact with each other. Studies showed that acidic beverages will dissolve more lead from crystal than less acidic drinks. Acidic non-alcoholic beverages such as fruit juices and soft drinks also absorb lead.

Health Canada reported that lead released from crystal glasses over the course of a normal meal tends to be low, less than 200 parts per billion (ppb). Beverages stored in crystal decanters can accumulate levels up to 20 ppm.

As a general rule, do not store any beverage in crystal decanters for extended periods of time. Some manufacturers are now coating the interior of lead crystal containers. Check with the International Crystal Foundation.

Here are some recommendations from Health Canada to follow:

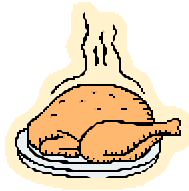
- Soak new crystal in vinegar for 24 hours and follow by a thorough rinsing before first use.
- Do not wash crystal in the dishwasher (harsh detergents can increase lead release).
- Limit use of crystal to special occasions.
- Wipe bottle rim and top of the cork with a cloth dampened with water or lemon juice.

6. Spoon gravy over carved white meat to keep it moist until serving.
7. Place, leftovers in a shallow pan or pans and cover tightly; refrigerate no later than 2 hours after removing the turkey from the oven.

Family and Consumer  
Sciences Newsletter  
November 2002

### **Seven Tips for a Moist Turkey**

Here are some tips to help you serve moist turkey at your holiday meal:



1. Place thawed turkey on a rack or on top of chopped celery and onions (use 1 cup each) so it does not sit directly on the bottom of the roasting pan. Cook turkey and stuffing separately.
2. Set oven temperature to 325°F for best results. Cover the bird with foil. Remove foil about 15 to 20 minutes before cooking time is up so it will brown.
3. Don't overcook your turkey. Use a thermometer to make sure the turkey reaches a temperature of 180° F in the thigh of a whole turkey. For turkey breasts, cook until the temperature reaches 170° F.
4. Avoid excess opening and closing of the oven door. This has an effect on the baking time. Basting is not necessary.
5. Allow the bird to stand for 15 minutes before carving.

### **Planning Safety For Your Holiday Meals**

When planning a holiday meal or party, choose foods that can be served safely under the conditions of your planned activity.

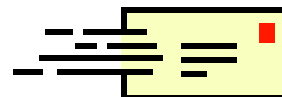
For example, hot foods need to be kept above 140°F and cold foods need to be kept below 40°F. Temperature abuse is a common cause of food borne illness.

Never leave the food on the table for more than two hours. Don't plan to serve hot or cold foods if you can't keep them hot or cold.

Cooking utensils, dishes and cutting boards exposed to raw meat and/or poultry products should be thoroughly washed prior to use for any cooked foods to prevent cross contamination.

### **Zip Code Information**

You can log onto the U.S. Postal Service's Web site by going to [www.usps.gov](http://www.usps.gov) for zip code information or call 800-275-8777 – 24 hours a day, 7 days a week.



## Enjoy Cranberries

Americans consume some 400 million pounds of cranberries each year and 20 percent during Thanksgiving week. In addition to canned cranberry sauce, here are some tasty ways to enjoy them even more.

Add chopped cranberries to baked goods such as bran muffins, pancakes, waffles, cereal and oatmeal. My favorite is to take some of the dried cranberries and put them in your chicken salad recipe along with a teaspoon of lime juice.

Yes lime, its wonderful.

Jackson County Extension  
Newsletter – Nov/Dec  
2002

## 10 Easy Ways to Enjoy Each Other Around Your Holiday Table

1. **Turn off the television** ~ and turn on some holiday music.
2. **Wash your hands** ~ and keep everyone healthy for the holidays.
3. **Set your table in a festive way** ~ and add holiday colors.
4. **Talk to each other** ~ and share some pleasant conversation.
5. **Try a new food** ~ and make a new favorite this year.
6. **Plan some fun activities** ~ and make some holiday memories.
7. **Take your time** ~ and enjoy a nourishing meal together.
8. **Share memories** ~ and talk about what makes you special.
9. **Put the leftovers away** ~ and keep food safe for later meals.
10. **Hang around after the meal** ~ and read a holiday book.

Eat Right Montana  
2001

## Gardener's Corner

### **December Tips**

- Allow the lawn to go dormant by withholding fertilizer and watering on an as needed basis, rather than on a schedule. Fertilizer will only be needed if a cool season grass, such as ryegrass was established during the fall.

- There is still time to plant cold hardy annuals such as pansy, petunia, snapdragon, Shasta daisy, China doll carnation and foxglove for late winter and early spring color.

- In the vegetable garden, sow seeds of beets, carrots, kohlrabi, mustard, parsley and radish. Set out transplants of broccoli, cabbage, Chinese cabbage and onions.

- If fruit trees are to be planted, shop or place orders this month and next. Obtain a list of recommended varieties from your local Extension office.

### **Protecting Cold Sensitive Plants**

Many subtropical and tropical plants such as Hibiscus, Pentas and Plumbago have been established in landscapes over the past several years. Though colorful and well adapted to our hot, humid summers they can be seriously damaged or killed if exposed to hard freezes. Following are some tips for helping these and other tender shrubs to survive the winter.

- Thoroughly irrigate 1 or 2 days before a freeze is watered plants survive

extremely low temperatures better than those that are drought stressed.

- Covering can provide several degrees of cold protection. However, this method requires a commitment, so limit its use to only those more valuable tender plants.

Proper covering protects by trapping ground heat, so in order to work it must be draped over the entire plant and be in contact with the ground on all sides. The material should be opaque, not clear. Plastic makes a poor covering. Use blankets, sheets or similar materials. It is necessary to secure the covering material to the ground by placing bricks, blocks or other heavy objects.

The covering should be in place a few hours before a freeze is expected to occur and must be removed when temperatures rise above freezing. Coverings left on for too long are exposed to rising temperatures and direct sun which can result in serious plant damage. Ironically, many plants have been protected through a cold night, only to be baked the next day because the covering was not removed promptly.



- Mounding protects the base of plants against hard freezes. This method is commonly used on citrus and other cold sensitive grafted plants.

Just before the first freeze pile sand, shavings, pine needles or similar porous material around the base of the plant to a height of 12 to 18 inches. The material should be removed as soon as the danger of extreme cold has passed in late winter or early spring.

Mounding insulates the trunk or stem base and helps to ensure that at least some live tissue above the graft union will survive the winter.

- Potted tropicals or subtropicals should be brought indoors for the winter. Storage in a greenhouse is ideal, but they can be overwintered in a bright room or even in a garage.

Dan Mullins  
Horticulture Agent



## Recipes

### Acorn Squash Rings

2 med. Acorn Squash  
 ½ c. unsweetened orange juice  
 ¼ c. firmly packed brown sugar  
     or Brown Sugar Twin To Equal  
     Tbsp. light corn syrup  
 2 Tbsp. margarine  
 1 tsp. grated lemon rind

Cut each squash crosswise into 6 (1/4 inch thick) slices. Discard seeds and membrane. Arrange slices in a 13 X 9 X 2 inch baking dish coated with cooking spray.

Pour orange juice over squash and bake at 350° for 30 minutes. Combine brown sugar, corn syrup, margarine & lemon rind in a small non-aluminum saucepan. Bring to a boil; reduce heat and simmer 2 to 3 minutes, stirring constantly. Brush sugar mixture on squash and bake, uncovered, an additional 15 minutes or until tender, basting occasionally.

### Chicken Monterey

4 boneless chicken breast or tenderloin pieces  
 1-9 oz. pkg. Monterey Jack cheese, shredded  
 1 can cream of chicken soup  
 ¼ c. sherry  
 ½ pkg. seasoned croutons, crushed  
 ? lb. of margarine/butter

In a 9x13-inch pan, layer the chicken breast, sliced cheese, soup mixed with sherry, croutons, and dabs of butter. Bake for 1 hour at 300° and tenderloin pieces for 45 minutes.

### Cran-Raspberry Jello Salad

1 (6 oz.) box or 2 (3 oz.) boxes sugar-free raspberry jello  
 1 can whole cranberry sauce  
 ¾ c. low-fat sour cream  
 ½ pkg. unflavored gelatin

Dissolve jello and unflavored gelatin in hot water. Chill until half-thickened. Whisk in sour cream and cranberry sauce. Chill until firm.



### Vegetable Pizza

2 cans reduced fat crescent rolls  
 11 oz. light cream cheese  
 1 envelope dry ranch salad dressing mix  
 ½ c. low-fat mayonnaise  
 ¾ c. each: chopped, raw broccoli, carrots, squash, radishes, red and green pepper  
 8 oz. grated cheese

Spread rolls flat on cookie sheet (press seams together to form one solid dough rectangle). Bake at 375 degrees 12-14 minutes or until brown. Cool.

Mix cream cheese (softened) with salad dressing mix and mayonnaise.

Spread over cooled crust.

Sprinkled chopped, raw vegetables over separately or mixed together.

Sprinkle cheese on top.

When ready to serve, slice in small triangles and serve as finger food.



## **How to Enjoy the Holiday Poinsettia for a Long Time**

? Choose a healthy, fresh plant with green leaves that go all the way down the stem. Avoid leggy plants without foliage on the lower half. The bracts should be bright and the center portion (the true flowers) should not be overly mature and shedding excessive pollen.

? Make the poinsettia the last purchase of the day when shopping so that it is not exposed to sharp temperature fluctuations during transport.

? Once home, water the plant well and allow excess water to drain from the pot.

? Place it in a bright location in your coolest room. Poinsettias prefer night temperatures in the low to mid 60s, and day temperatures of 70 to 75 degrees. Avoid drafty areas and keep plants away from electronics that produce heat.

? Proper watering is the most important factor. Keep the soil uniformly moist. Do not apply fertilizer to plants during the holidays.

? When the holidays are over continue good watering practices and move the plant to a bright cool location such as a Florida room.

? During February or March, the lower leaves will begin to turn yellow and some will fall.

? When the danger of spring frosts have passed, remove the plant from its original pot, prune it back and shift it to a size larger container. Use a well drained potting medium such as a peat-lite mix. Fertilize with a water soluble product monthly to maintain good color

and moderate growth. Grow it as a patio plant outdoors.

? Or, transplant it outdoors in the ground. Choose a site that receives full sun and is protected on the north side by the house, an outbuilding or a solid fence.

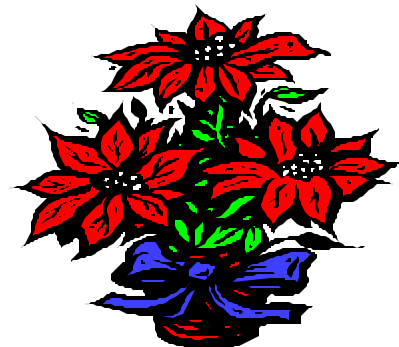
? After each flush of growth, terminal buds can be removed (pinched) to encourage multiple branching. Stop pinching during early to mid-August.

? Poinsettias will color up naturally under our outdoor light conditions. The pot plant can be brought back indoors for the holiday season next year. If grown in the ground, protect it from freezing during frosty nights in order to have color at Christmas.

**Note:** Poinsettia flower bud initiation and the associated colorful bracts is triggered by day length. They set buds at equinox (when both days and nights are 12 hours each). This occurs approximately Sept. 20.

Any interruption of day length can result in a failure to obtain consistent color. With this in mind, during the summer and fall, avoid placing plants where security lights, street lights, car lights or any other source of light would interrupt the night cycle.

Dan Mullins  
Horticulture Agent



The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.

Sincerely,

Linda K. Bowman, R.D., L.D.  
Extension Agent IV  
Family & Consumer Sciences  
Santa Rosa County

LKB:etc